



## My BHT Story



***My name is Lester. I moved into BHT's supported abstinence based project at College Road, Brighton in February 2014.***

*I had never lived on my own before and found the support from staff invaluable. The staff gave me confidence, motivation, balance and an opportunity to become independent with the skills to manage my home and live a happy and healthy life.*

*After two years of support and the new found skills and confidence I was ready to move on to a new chapter in my life my own independent flat. My key worker linked me in with the New START project at BHT and I was given a new support worker, Sarah (she's the one in the picture next to me). She has helped and guided me through the challenging process of looking for private rented accommodation.*

*After six months of looking I am now finally proud to say I'm moving to a new flat with my girlfriend.*

*I feel happy and excited but apprehensive if I'm honest. I feel nervous to be solely responsible for my own tenancy and home but I know I've got the skills and confidence to manage well thanks to everyone at BHT.*

***I would like to thank all the BHT teams involved in my journey to independence and in particular Shane, Kate and Sarah.***

# BHT Welcomes New Tenants in Brighton & Hove

**In April, Brighton Housing Trust welcomed 157 new tenants living in properties in Brighton and Hove.**

These properties were transferred back from another housing association, Affinity Sutton, who BHT had leased the properties to several years earlier.

To celebrate the return of these properties, Brighton Housing Trust held a welcome event for new tenants in late April at its offices in London Road, Brighton.

The event included a speech from BHT's Chief Executive, Andy Winter and also gave tenants the opportunity to meet other members of staff from BHT and to find out what to expect from their tenancy with BHT.

We are very pleased to welcome you to Brighton Housing Trust and we hope that your time staying with us is a positive and comfortable one.

**Your Housing Officer will meet with you all individually over the coming weeks to find out how your tenancy is going.**



Irene Dobinson welcomes new tenants with BHT Chief Executive, Andy Winter

## We need a new name: help us decide

**The newsletter needs a new name as BHT Housing Services newsletter is a bit of a mouthful!**

We are running a competition to ask you to decide the name of the newsletter, which will take effect from the next edition in September. So, please get your thinking caps on and come up with a name that you think will be suitable.

**There is also an extra incentive of a £20 Sainsburys voucher for the person who comes up with the winning entry.**

Please send your entries to **Juliet O'Brien** at [juliet.obrien@bht.org.uk](mailto:juliet.obrien@bht.org.uk)

# We Asked For Your Comments On The Newsletter: You Responded

Many thanks to all BHT tenants who completed the newsletter survey. Congratulations to Margaret Frances of Baird House who won the £10 Amazon voucher draw.

You told us you found the style quite dizzy to read with the bold colours, and would like to see more articles on benefit developments and how to improve your situation; budgeting on benefits; tackling anti-social behaviour; local activities residents can get involved with; how to set up a tenants' association; healthy living and the tenant's voice.

We have listened to your feedback and in this issue, with help from the new tenants' editorial board now have contributions from tenants and included a number of new sections. These are: Benefits news corner, My BHT story, Poetry corner, Interested in setting up a tenants' association, Free and cheap summer events and Healthy living on a budget.

## How you rated the newsletter:

90% Good or Very Good for the design.

89% Good or Very Good for the overall content

77% Good for the information about your service

67% Good or Very Good for the competitions/quizzes/recipes

88% Good or Very Good for the human interest story

Let us know what you think of this issue? We are always looking for ways to improve the newsletter, and for articles from tenants. Contact Juliet at [juliet.obrien@bht.org.uk](mailto:juliet.obrien@bht.org.uk) or 01273 645443.



Have you set up a direct debit to pay your rent to BHT? If so, you might be in with a chance of winning our monthly prize draw.

Setting up a Direct Debit to pay your rent is quite straightforward and enables you to make a payment as soon as you have been paid.

If you would like to set up a Direct Debit, please give our office a call on 01323 340018 and they can get this set up for you in only a few minutes.

Each month, BHT will run a prize draw for all tenants who are paying by direct debit with the winner receiving a £10 supermarket voucher. Congratulations to this month's winner of the prize draw, Kerry James of Walton Bank, Brighton.

# Benefit News Corner

## Income or benefit changes?

### Housing Benefit need to know:

Did you know the rules have changed and you can now only backdate your Housing Benefit claim by four weeks? If you're affected by this, call us and we can arrange a meeting to discuss it.

## Need help with Universal Credit?



*Southview helped me initially to apply for Universal Credit, but since then there has been a number of problems that have arisen, such as sanctions.*

*BHT has supported me in resolving the issues.*

*I have been able to drop into Renaissance House knowing that I will get help and have use of a private room and phone which has been really helpful.*

**St Leonards' BHT tenant**



If you're in a similar situation and are now on to Universal Credit, let us know and we can help support you understanding how it can best work for you.

## Travelling outside Britain for more than four weeks?

### Housing Benefit need to know:

Did you know that even if you're going to see family, Housing Benefit won't pay your rent now for longer than four weeks.

If you are planning to go away for a long period, talk to us before you go and we can give you advice.





# Baird House Tenants Delighted With Their New Windows



*The old windows were draughty and fell apart when you tried to open them; they weren't in a good state.*

*The new windows make such a difference to the heating of the flat, they keep the flat nice and warm, no draughts from the wind and are easy to open and close.*

*I'm delighted with them.*

**Mrs Rose, St. Leonards**



## Are you interested in setting up a Tenants' Association?

**Are you keen to improve the block you are living in, would you like to gain a greater voice by forming a group or are you interested in organising outings and social events for tenants?**

If so, why not consider setting up a tenants' association.

You will need a minimum of four people to set it up. So first of all it's a good idea to do some door knocking to find out if there is sufficient interest and discover what the top three issues for tenants in the block are.

We have produced some guidelines with handy tips about how to set up a tenants' association and what funding and support are available from BHT.

**If you have gathered interest in your block and a group of you would like to find out more, please contact your local Housing Officer to organise a meeting.**



# Poetry Corner

## The Storm

*The storm is in the distance  
We're standing on the pier  
The waves are rising higher now  
Stand closer have no fear  
I ask my loves how they feel  
We're okay with a chill  
This is our life, we live it every day.  
Through your chaos, your seaside fun  
We take our belongings and make a run*

## Ode to the Sea

*Ode to the sea  
How it beckons to me  
Of lands so far away  
How I sit and wonder...  
And ponder...  
Amongst the branches  
Of this great grand  
Oak tree*

**POEMS BY KAI DESCUBES**

**If you write poetry, paint pictures or take interesting photos, we would like to hear from you.**

Please send in your contributions to [housing.services@bht.org.uk](mailto:housing.services@bht.org.uk) or drop them off at your local BHT office.





# Would You Like to Be on BHT's Float at Brighton Pride?

BHT will be participating in this year's Brighton Pride. The parade will be taking place on Saturday 6 August 2016.

All our tenants wherever you live are encouraged to join in with the festivities! We will be coordinating a group at the London Road, Brighton office closer to the time to focus on preparation for the Pride float, involving social activities such as preparing outfits, placards and banners for the parade.

**If you are interested in getting involved:** Please email **Hannah** at [lgbtu@bht.org.uk](mailto:lgbtu@bht.org.uk)





# Well Done Stephen!



**Congratulations to our new handyperson Stephen Fairchild, who completed an amazing 106km Isle of Wight walking challenge in just over 26 hours, raising £400 for BHT's Whitehawk Inn.**

These vital funds will help support people looking to go back to work offering careers advice, employment support and a range of tailored resources.

*“It was the toughest challenge I have embarked on in a long while, we had all sorts of terrain from walking on roads and paths, to walking across fields, sandy and pebbly beaches but I think one of the hardest parts was the steps (lots and lots and lots of steps) between the 80km mark and 95km mark, you certainly go through different emotions throughout the walk.*

*At the start it was all going very well and I set off at a steady pace, the weather was perfect apart from the hour long rain shower we had in the afternoon but soon dried off in the sun. It was the second half that broke me. My feet were starting to become sore at the half way point but got worse as the night went on.*

*Then at the 67km stop I had to get my feet seen to by the medics who bandaged and padded them but it did not make that much difference. By the 80km stop my feet were wrecked and my morale was at rock bottom, so much so I was on the verge of pulling out but it was the support from my friends and colleagues and their messages on Facebook that drove me on, and when I got to the 95km I knew I was going to finish it. Although I was in pain, I did enjoy the challenge but I am never doing that one again!*

**To support The Whitehawk Inn:** Please visit [www.justgiving.com/Stephen-Fairchild16](http://www.justgiving.com/Stephen-Fairchild16)



# What's On This Summer

## BRIGHTON

**BHT, 144 LONDON ROAD, BN1 4PH**

**Careers Advice Drop In** – First **Friday** of **every month**, 10am – 1pm

**Computer Support Drop In** – every **Thursday**, 10.30am – 12.30pm

**Coffee Morning** – last **Thursday** of **every month**, 11am – 12noon:

Pop in for a free cuppa, cake and a chat.

**Swap Shop** – **Tuesday 26 July & Tuesday 23rd August**, 11am – 12 noon:

Bring up to three of your unwanted items and have fun swapping with others. 'One man's trash is another man's treasure!'

**Gadget Surgery** – **Monday 18 July**, 12noon – 2pm:

Whether it's problems with laptops, understanding your phone better, tablet trouble or any gadget or gizmo issues, bring it along to one of these sessions and see if Rob, our friendly Gadget Doctor can help.

Also a **Book Club**, **Choir** and **Gardening Group** are currently being set up.

For **up to date events** and **information** or to let us know of groups you'd like to see set up at London Road, please visit

[www.bht.org.uk/services/london-road/](http://www.bht.org.uk/services/london-road/)

## OTHER

**Careers Workshops** – **Thursdays**, 9.30am – 12.30pm – **FREE**

BHT Whitehawk Inn, Whitehawk Road, Brighton BN2 5NS

Also: A number of free clubs to join - Knitting Club, Games Club, Drama Club, Book Club, Photography Club, Table Tennis, LGBT activities, Free University Brighton

[www.whinn.org.uk](http://www.whinn.org.uk)

**Paddle Round The Pier** – **Saturday 2 July – Sunday 3 July** – **FREE** [www.paddleroundthepier.com](http://www.paddleroundthepier.com)

Europe's biggest free beach and watersports festival located on Hove Lawns. This event features the best in water, street and urban sports, live music, children's entertainment and have a go opportunities, plus the fantastic location adjacent to the beach.

**Brighton Kite Festival (Stanmer Park)** – **Saturday 9 July – Sunday 10 July** – **FREE**

[www.brightonkiteflyers.co.uk/festival](http://www.brightonkiteflyers.co.uk/festival)

**Pride** – **Saturday 5 August** [www.brighton-pride.org](http://www.brighton-pride.org)

**Brighton Big Dog** – **Saturday 13 August** [www.brightonbigdog.com](http://www.brightonbigdog.com)

A day of cycling activity in Stanmer Park, suitable for both beginners and those experienced in trail cycling.

**Thai Festival** – **Saturday 20 August - Sunday 21 August** **Day Ticket:** Adult: **£3** Child: **£1** Under 5s: **FREE**

A cultural festival that takes place over two days in Preston Park.

[www.visitbrighton.com/whats-on/brighton-thai-festival-2016](http://www.visitbrighton.com/whats-on/brighton-thai-festival-2016)



# What's On This Summer

## HASTINGS

**Stade Saturdays** – every Saturday in June – **FREE**

Cultural events every Saturday on Stade Open Space.

**Battle Big Weekend** – Friday 24 June – Saturday 25th June – **FREE**

[www.battlesbigweekend.co.uk](http://www.battlesbigweekend.co.uk)

**Hastings Beer and Music Festival** – Thursday 30 June – Friday 2 July

[www.hbmf.co.uk](http://www.hbmf.co.uk)

**Hastings Old Town Carnival week** – Saturday 30 July – Sunday 7 August

**Note:** The **Grand Carnival Procession** will be on **Saturday 6 August** from 5pm starting from **Rock-a-Nore**.

Check out further activities in your area by contacting the Active Hastings Team by calling **01424 451051** or by emailing [activehastings@hastings.gov.uk](mailto:activehastings@hastings.gov.uk)

**Like walking?** Call **07740 899559** for information on Led Walks in Hastings and St Leonards.

## EASTBOURNE

**25 Coastal culture trail** – Saturday 25 June and Saturday 30 July – **£7**

25 mile cycle visiting Towner art gallery in Eastbourne, De La Warr Pavilion in Bexhill and Jerwood Gallery in Hastings.

[www.townereastbourne.org.uk/event/coastal-culture-trail-cycle-tours/](http://www.townereastbourne.org.uk/event/coastal-culture-trail-cycle-tours/)

**Old town food & craft market** – Saturday 25 June

**999 Emergency services display** –

**Saturday 2 July – Sunday 3 July, 11am - 5pm**

Western Lawns, King Edwards Parade, Eastbourne.

**Sunday night at the Proms** – Sunday 3 July, 8pm – 9.30pm – **FREE**

Eastbourne bandstand.

**Bronze Age Mystery Exhibition** – **FREE**

The Pavilion, Eastbourne Seafront.

**Eastbourne Extreme** – Saturday 16 July – Sunday 17 July – **FREE**

Eastbourne Seafront. [www.visiteastbourne.com/extreme](http://www.visiteastbourne.com/extreme)

**Eastbourne Airborne** – 1 August – 14 August – **FREE**

Eastbourne Seafront. [www.eastbourneairshow.com](http://www.eastbourneairshow.com)





# Healthy Living On a Budget

BY BRIGHTON BHT TENANT MARY TAWIAH

**I believe every human being is entitled to good healthy lifestyle and it gives me great pleasure to bring you my tips on achieving this on a budget or low income.**

Good health is your wealth and taking good care of it, is the greatest thing one can do. It may seem obvious but the path to good health really is paved in the foods we consume on a day to day basis. In this article I have five top ways to prevent illness. Stay tuned for more health tips in the next newsletter.

## My top five ways to prevent illness:

- 1.** Always read labels carefully and avoid products that contain trans-fats. These fats are strongly linked to cardiovascular disease and cancer, and are found in greasy take away foods, commercially baked goods and heavily processed foods that may contain vegetable or hydrogenated oil.
- 2.** Cut down on drinking soft or fizzy drinks, as they have no nutritional benefit.
- 3.** Try to swap heavily processed foods such as sugary breakfast cereals and bars, cookies and muffins for fruit and wholegrain cereals.
- 4.** Consider avoiding chicken and eggs that come from battery farms. These chickens are fed antibiotics and growth hormones that can end up on your plate. Always choose organic chickens and eggs.
- 5.** We all need to stay hydrated by drinking 8–10 glasses of fluid per day. Water is best, but milk, tea and coffee and herbal teas all contribute to this total. Be conscious not to ingest harmful BPA's from plastics by avoiding drinking water from plastic water bottles. Use stainless steel or glass.

It is also very important to keep active; it helps both the mind and body to function properly. If you are on Universal Credit or in receipt of other benefits you may be entitled to reduced membership fee of up to 40% in leisure centres. Examples of these leisure centres in Brighton and Hove include: Prince regent swimming complex, St' Lukes' pool, Withdean sports complex and King Alfred leisure centre.



# Recipe: Teriyaki Salmon noodles

## Ingredients

- 2 skinless salmon fillets
- 100ml teriyaki sauce
- 250g egg noodles
- 1 tbsp sesame oil
- 5cm piece fresh ginger, sliced
- 1 sweetheart cabbage, shredded
- 1 courgette, cut into ribbons with a peeler
- Frozen or fresh peas



1. Cut the salmon fillets in half lengthways and place in the Teriyaki Sauce for 5 minutes to marinate.
2. Meanwhile, cook the noodles in a pan of boiling water for 4mins then drain.
3. Pour the oil and a little of the marinade into a wok or large frying pan set over a medium heat and fry the salmon for 1-2 minutes on each side until the fish is cooked through and flakes easily with a fork. Remove from the pan and cover loosely with foil to keep warm.
4. Add a little more of the marinade to the pan and cook the ginger, cabbage and peas for 2mins, then add the courgette, noodles and the remaining marinade. Stir fry for 1 min then divide between plates. Flake the salmon over the vegetables and noodles to serve.

**Most of the ingredients for this recipe can be found at your local supermarket.**

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## Goodbye Jenny, Hello Bonnie and Lindsay

**Goodbye to Brighton Senior Housing Officer, Jenny Bojczuk who is taking a six month sabbatical, returning in December.**

In her absence initially Housing Officer Kate Knight will be the main contact, with a new second Housing Officer Lindsay Maughan joining the team shortly. Welcome to new surveyor, Bonnie Bird. Her appointment is a direct response to the need for improvements to properties highlighted by you in our recent survey.

She joins us from Raven Housing Trust where she project managed a team of trades and programmed in works for the Decent Homes contract (kitchen and bathroom upgrades) and also has a background in working with voids and day to day maintenance for Social Housing.



Our new surveyor, Bonnie Bird